



Walk The Talk

Phrase, 64 Count, 4 Wall, Improver
Choreographer: Sal Foo (MY) March 2018
Choreographed to: Work by Ciara ft Missy Elliot

32 Count intro

Sequence A A A, B B A, B (TAG), B B B B

Part A 32 counts

A1 WALK, WALK, WALK, POINT, WALK, WALK, WALK, TOUCH

1-2 3-4 Walk Right Forward, Walk Left Forward, Walk Right Forward, Point Left to L

5-6 7-8 Walk Left Backward, Walk Right Backward, Walk Left Backward, Touch Right Beside L.

A2 GRAPEVINE WITH A TOUCH, FULL ROLLING WITH A TOUCH (OPTION: GRAPEVINE)

1-2 3-4 Step Right To R, Step Left Behind R, Step Right To R, Touch Left Beside R

5-6 7-8 Make 1/4 Turn Left Step Left Forward, Make 1/2 Turn Left Step Right Back, Make 1/4 Turn Left Stepping Left To L, Touch Right Beside Left

A3 ROCKING CHAIR, PADDLE TURN 1/4 L

1-2 3-4 Rock Right Forward, Recover Onto Left, Rock Right Back, Recover Onto Right

5-6 7-8 Step Right To R, Make a 1/8 Turn L (weight onto L) (&), Step Right To R, Make a 1/8 Turn L (weight onto L)

A4 JAZZBOX, STEP TOUCHES

1-2 3-4 Cross Right Over Left, Step Left Back, Step Right To Right, Step Left Forward Together

5-6 7-8 Step Right to R, Touch Left Beside R, Step Left To L, Touch Right Beside L

Part B 32 counts

B1 CHEST PUMPS, CHEST PUMPS

1-2 3-4 Knees Bend Step Right To R (Elbow Up, Chest Pushed Forward), HOLD, Step Left Beside R Straightening Up

5-6 7-8 Knees Bend Step Left To L (Elbow Up, Chest Pushed Forward), HOLD, Step Right Beside L (Straightening Body Up)

B2 CHUGS 1/2 L, TOGETHER, CHUGS 1/2 R TOGETHER

1-2 3-4 Step Right To R, Make a 1/4 Turn L Stomping Right Forward (weight onto L), Step Right To R, Make a 1/4 Turn L Stomping Right Forward (weight onto L), Step Right Beside L

5-6 7-8 Step Left To L, Make a 1/4 Turn R Stomping Left Forward (weight onto R), Step Left To L, Make a 1/4 Turn R Stomping Left Forward (weight onto R), Step Left Beside R

B3 JUMP BACK TOGETHER, JUMP FORWARD - BOTH FEET APART, JUMP BACK TOGETHER, JUMP FORWARD - BOTH FEET APART

1&2 3&4 Jump Back With Both Feet Together, Jump Forward With Both Feet Apart

5&6 7&8 Jump Back With Both Feet Together, Jump Forward With Both Feet Apart

B4 DIAGONAL FORWARD, TOUCH, DIAGONAL FORWARD, TOUCH, DIAGONAL BACKWARD, TOUCH, DIAGONAL BACKWARD, TOUCH

1-2 3-4 Step Right Diagonally Forward, Touch Left Beside R, Step Left Diagonally Forward, Touch Right Beside L

5-6 7-8 Step Right Diagonally Backward, Touch Left Beside R, Step Left Diagonally Backward, Touch Right Beside L

Tag

T1 SLOW...FORWARD, TOUCH, SLOW...FORWARD, TOUCH

1-2 3-4 Slowly Step Right Forward, Touch Left Beside R (Move R Arm Up & Snap Fingers)

5-6 7-8 Slowly Step Left Forward, Touch Right Beside L (Move L Arm Up & Snap Fingers)

T2 SLOW...BACKWARD, TOUCH, SLOW...BACKWARD, TOUCH

1-2 3-4 Slowly Step Right Backward, Touch Left Beside R

5-6 7-8 Slowly Step Left Backward, Touch Right Beside L

Note Music edited to 3.22mins, ending dance after 4 Bs.